

Community Education Workshop - Adult tackling loneliness

Are you interested in a course that tackles the issue of loneliness? This workshop aims to give you the opportunity to speak openly about how it might feel to be lonely or isolated and learn skills to help others who may be suffering. Using group discussion to address the complex causes and effects of loneliness, there will be a chance to reflect and share personal experiences too.

The courses are offered face to face (at a community venue provided by the organiser or on a digital platform, such as Zoom).

Multiple dates available. Register online or phone: 07514311995 or email: sukhbindersandhu@redcross.org.uk

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Organiser: British Red Cross

Useful Organisations

British Red Cross

Email: contactus@redcross.org.uk

Website: www.redcross.org.uk

Telephone: 0191 273 7961